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ABSTRACT

Speedball combines soccer and basketball skills to create a game that is easy to learn for those of average ability yet with possibilities for the highly skilled. It is ideal for younger, less skilled persons, but, since the game can call for a wide variety of techniques which require highly developed mental and physical skills, it is also suited for older, highly skilled players. Since speedball is closely related to other sports, the popular appeal of the game is high, especially to girls who enjoy playing a game resembling football. Rules for several variations of this game are included in this guide. (CJ)

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TEAM SPORTS - SPEEDBALL

Special Consultants:

Viola Bahls
University of Nebraska-Lincoln

Wauneta Peterson
Lincoln Public Schools
Belmont Elementary School

U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
NATIONAL INSTITUTE OF EDUCATION

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Distributed by:

JoAnne Owens, Consultant
Health and Physical Education

Anne Campbell, Commissioner
Nebraska Department of Education

301 Centennial Mall South 1978 Lincoln

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FOREWORD

Physical education is an important part of the total educational program and can make a great contribution to the lives of our boys and girls. The education of the children of the state, not only for making a living, but for living, requires a well planned health and physical education program.

Children need physical education more today than ever before because of the changes from rural to urban living, automation, less natural play space, crowded schools, the anxieties and pressures of society, and the fast pace of the world in which they live. Elementary children need to build a strong foundation in physical fitness, develop skills in physical activities, cultivate the ability to make social and emotional adjustments and acquire knowledge of the role that health and physical activities play in their lives.

Physical education must help prepare children to live a full and happy life. In some elementary schools in the state, physical education is taught by the classroom teacher. However, many physical education specialists have been added during the past few years.

This guide was prepared by Vi Bahls, Assistant Professor, School of Health, Physical Education, and Recreation, University of Nebraska-Lincoln and Wauneta Peterson, Elementary Physical Education Specialist, Belmont Elementary, Lincoln Public Schools under the supervision of JoAnne Owens, Consultant for Health/Physical Education, Curriculum Division of the Nebraska Department of Education.

The State Department of Education is pleased to present this curriculum guide, which is structured to show a variety of activities by grade level in order to facilitate its use by both the regular classroom teacher and the physical education specialist in preparing a program for the elementary schools of Nebraska.

M. Anne Campbell
Commissioner of Education

THE HISTORY OF THE GAME OF SPEEDBALL

Speedball, one our few nationally played games originating in America, was created by Elmer D. Mitchell in 1921 at the University of Michigan for the men's intramural program, because of the need for a vigorous team game that could be played outdoors in the fall and that combined many of the elements found in other rather well-known sports. He combined some of the skills of soccer and basketball to create a game easy to learn for those of average ability yet with possibilities for the highly skilled. Without a name at its inception, the originator thought to call it "Aerial Soccer" until, hearing the players repeatedly shout "speed the ball," he named it for all time "Speedball."

It was first introduced to women by Alice Frymir at Battle Creek (Michigan) College. The rules of the men's game were modified for girls' use and soon schools, colleges, camps, and recreation centers used it widely.

This sport, which combines basketball passing skills with the drop kick of football, and the dribble of soccer, is a good all-around conditioner that is great fun to play. It is especially ideal for younger, less skilled persons, and since the game calls for a wide variety of techniques which require top mental and physical coordination it is also suited for older, highly skilled players. Here is a game in which twenty-two students playing with one ball can share a wonderfully rich educational experience. Since speedball is closely related to several other sports, the popular appeal of the game is high, especially to most girls who enjoy playing a game resembling the ever popular male sport of football. Today speedball is played enthusiastically by both sexes on all educational levels in the majority of our schools. It is perhaps most enjoyed by girls in the upper elementary and junior high schools.

SKILLS FOR SPEED-A-WAY AND SPEEDBALL:

Circle Conversion

Formation:	Circle	No. of Players:	Six to eight per team
Supplies:	One soccer ball per circle		
How to Play:		Grade levels:	6-8

The object is to see which team can be first to convert different types of ground balls into aerial balls. Players form a circle with one player in the center. The center player throws, bounces, or rolls the ball to each player in the circle. The players in the circle convert each ball into an aerial ball and pass it back to the player in the center. At the end of each round a new player takes the center. After each player has had an opportunity in the center, the game is finished. The team finishing first is the winner. The following conversions may be used:

Knee Kick: As a high bouncing ball is falling from its peak height, the player flexes one knee, which causes the ball to bounce upward off the knee, so that it might be caught.

Figure 1

Leg Roll: As the ball rolls toward the player, the foot is extended so that the ball will roll up the leg permitting the player to catch it.

Figure 2

Instep Kick: As the ball rolls toward the player, he lifts it up with the instep of the foot and flexes the knee in a sideward and upward direction raising the ball to himself.

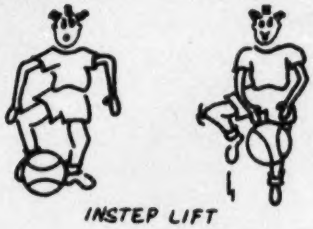

Figure 3

Variations:

Use other forms of conversion.

LEAD-UP FOR SPEEDBALL:

End-Pin Speedball

Formation:	See diagram	No. of Players:	Class
Supplies:	Soccer ball, Indian clubs, and boundary markers	Grade levels:	6-8

How to Play:

Six Indian clubs are placed along each goal line. The object of the game is to score points by knocking down the opponent's clubs with the ball. The players must stay in their approximate playing zones in their half of the court while the ball is in play.

One team begins with a kickoff from the forward line, the kick being made by a center player. A point can be scored directly from the kickoff. The ball is played back and forth from one team to the other until an Indian club is knocked over. After a point has been scored, the Indian club is

returned to its original position. The team which did not score puts the ball into play with a kickoff by a center player. An out-of-bounds ball is put into play by the opposing player nearest the ball.

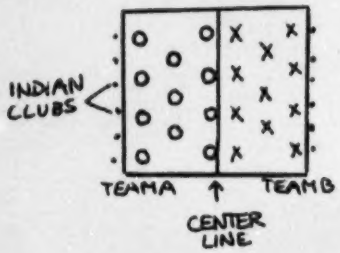

Figure 4

When a point is scored, teams rotate their positions. The clubs may be knocked down by a kicked or thrown ball.

The ball must be trapped by the feet if a player desires to stop a ground ball; but the balls may be caught and passed. Players pass the ball, using either ground or aerial passes to gain a position to score. No player may take more than one step before kicking or throwing the ball.

One point is scored each time a team succeeds in knocking down the opponent's Indian club.

Fouls:

1. Using the hands to stop a ball before it is on the ground.
2. Taking more than one step before kicking or throwing the ball.
3. Crossing the center line.

The penalty for a foul is a free kick or a pass by a center player on the center line. The opposing team is not allowed to interfere with this free kick or pass. If a pin is knocked down, one point is scored. If the try misses, the ball is brought back to the center player who attempted the free throw or kick and he begins the game again.

Toe Pick Up

Formation: Shuttle
No. of Players: Six per team
Supplies: One soccer ball per line
Grade levels: 6-8
How to Play:

The object is to see which team can be first to convert successfully a ground ball to an aerial ball. Each team assumes shuttle formation. The first player in one line passes the ball with his feet to the first player in the opposite line. The receiving player traps the ball with the sole of his foot and then applies pressure downward and snaps the foot back at the same time. As the ball rolls toward him, he places the same foot used for the snapback under the ball and raises the ball to his hands. This player then rolls the ball back to the second player in the other line. Each player runs to the end of the opposite line when his turn is completed. Play continues until each player is back in his original position. The team finishing first is the winner.

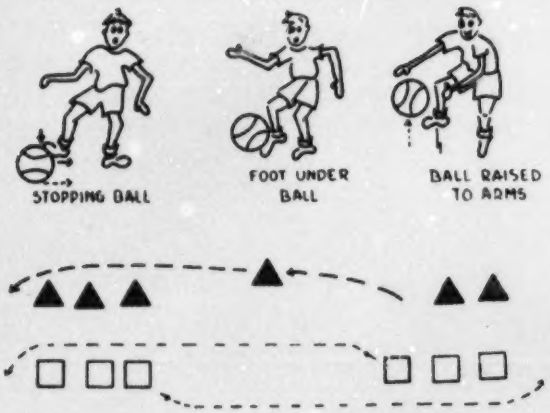

Figure 5

Variations:

Use other forms of conversion.

Two-Legged Lift

Formation: Lines
Supplies: One soccer ball per line
No. of Players: Six per team
Grade levels: 6-8
How to Play:

The object is to see which team can be first to convert successfully a ground ball to an aerial ball. One player on each team, who acts as leader, stands facing the line of other players; he is about ten feet in front of them. He rolls the ball slowly to the first player in the line, who traps the ball between his ankles or calves. He jumps with the knees flexed, releases the ball in an upward direction, and catches it before it hits the ball in an upward direction, and catches it before it hits the ground. He then throws the ball back to the leader. The leader rolls the ball to each player on the team. After everyone has served as leader, the game is over. The team finishing first is the winner.

Figure 6

Variation:

Use other forms of conversion.

Modified Speedball

Formation: See diagram
Supplies: Boundary markers, pinnies, and soccer ball
No. of Players: Class
Grade levels: 6-8
How to Play:

Speedball combines the techniques of soccer and basketball. The ball may be advanced as in soccer or by passing as in basketball. Rule departures from the game of soccer are:

1. Any player may catch a kicked ball before it touches the ground. The ball can be advanced by passing as in basketball. A ball which bounces from the ground, even though it is in the air, cannot be caught. It is a ground ball and must be played as such.
2. A player catching the ball is allowed only two steps, or traveling is called, giving the other team the ball outside. Jump ball may be called as in basketball when the ball is tied up with two opposing players.
3. Fouls follow the same pattern as in soccer. The penalty area in speedball is a line ten yards out from the goal line.
4. One air dribble is aliowed in advancing the ball. To make an air dribble, a player throws the ball into the air ahead of himself, runs forward, and catches the ball before it hits the ground. Dribbing the ball by bouncing, as in basketball, is not permitted.
5. For violations for traveling and illegal handling of the ball, the other team is awarded the ball out-of-bounds for a throw-in.

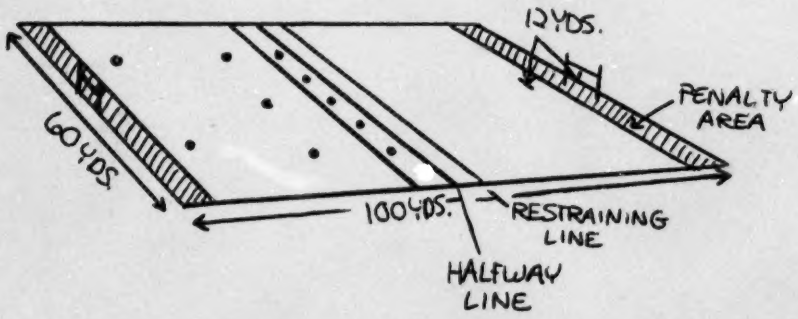

Figure 7

Scoring: A goal is a ball kicked through the goal as in soccer and scores two points. A touchdown is a ball passed over the goal line caught by a teammate and scores one point.

THE HISTORY OF THE GAME OF SPEED-A-WAY

Speed-a-way rules were first published in 1950. It resembles speedball, but its rules are more lenient and it permits running with the ball as in American football.

DRILLS FOR SPEED-A-WAY:

Speed-A-Way Drill

Formation: See diagram
Supplies: One soccer ball per team and boundary markers
No. of Players: Five to seven per team
How to Play:
Grade levels: 6-8

Several teams can be used--each team with a ball. Each player on each team has a number (e.g. 1-2-3-4-5 if there are five on a team). Teacher calls two numbers--these two players on each team must work cooperatively to score a point for their team:

1. They must convert the ball to an aerial ball.
2. They must pass the ball to the partner but they may not run with the ball (like football).
3. If the aerial ball is dropped to the ground, they must use feet to convert it again.
4. To score, they must be the first team to cross the goal line with a touchdown pass. (Field goal kick may be a substituted method of scoring. If inside, may substitute a circle of rope for each team instead of using a goal line. First team that places their ball in rope gets the point.)

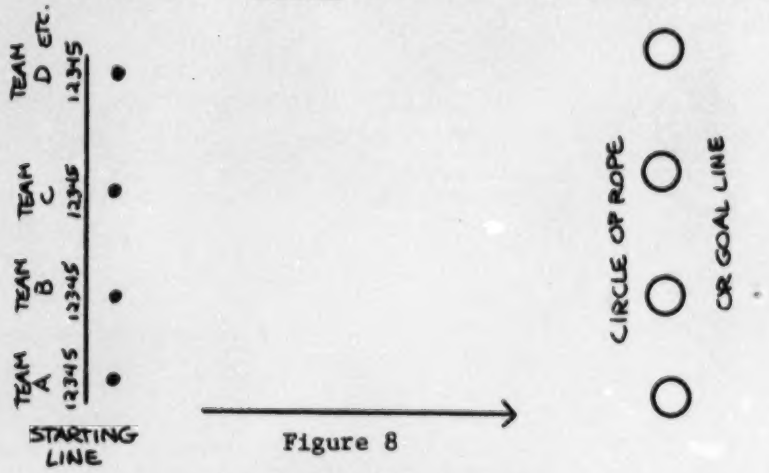

Figure 8

Aerial Speed-A-Way

Formation: See diagram
Supplies: Soccer ball, pinnies, and boundary markers
No. of Players: Class
Grade levels: 6-8
How to Play:

Team with ball possession must have a minimum of three passes before scoring (a catch in the end zone). Center jump as basketball to start game and after each touchdown. Jump ball if a player is tied-up as in basketball. Free pick-up kick to self (ball on floor between feet is lifted to self by a jump); other players at least three steps away, by the opposite team if:

1. ball drops to the floor;
2. held over three seconds (1001, 1002, 1003) by any one player; and
3. player takes steps with the ball.

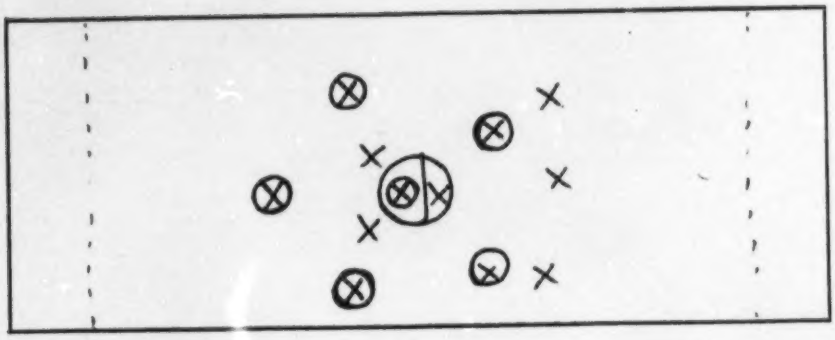

Figure 9

Hints of Play:

1. Practice the self pick-up kick.
2. Practice partners passing back and forth as they move forward; then two against one drill.
3. Practice "keep-away" with a three second possession limit.
4. Team size would depend on area used.

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